

Montana State University Extension Service Flathead County Newsletter

REMINDER:

Flathead County 4-H Large Livestock/Ag Committee Meeting - Thursday, March 6th @ 5:30pm

Flathead County 4-H Foundation Meeting - Thursday, March 6th @ 6:30pm Both at the Fairgrounds

4-H Interstate Exchange Spaghetti Supper & Dessert Auction Friday, March 28th, 2014

WHERE? - THE CHRISTIAN CENTER: 255 Summit Ridge Dr, Kalispell

WHAT TIME? - Dinner starts AT 5:30pm, auction starts at 6:00pm

WHO SHOULD ATTEND? - <u>EVERYONE</u> is invited and encouraged to attend. This really AWESOME event is open to all our friends & family. The 4-H club with the highest percentage of member attendance will win \$50 towards a club pizza party.



WHAT HAPPENS AT THIS EVENT? - A bunch of folks come togeth-

er and fellowship with longtime & new friends as 4-H kids serve up a great spaghetti supper. We talk, laugh and eat, then we auction off some of the most AMAZING pies, cakes, cookies, candies and more. It's a TON of fun so don't miss it!!

IS THERE A COST? - Tickets are \$6 each or \$20 for a family of 4, and will be available for purchase starting in March. Clubs can pick-up tickets at the Extension office to sell or they can be bought at the door.

All proceeds go toward hosting 4-H members from other states and sending 4-H members from the Flathead to different states. All with the goal of making new 4-H friends, obtaining life-skills, exchanging thoughts & ideas and creating lifelong memories.

CAN I BE IN THE 4-H INTERSTATE EXCHANGE PROGRAM? - YES! We will host for a week in the summer of 2015 and travel during the summer of 2016, so if you will be 14-19yrs old by Oct. 1, 2016, you are eligible to join us now. See the next page for info re: upcoming meeting. DON'T WAIT!! The sooner you get involved and help with fundraising, the greater chance you'll have all your travel expenses paid for by the time we fly out.



Montana State University Extension Service Flathead County 4-H Congress



HEY!! Juniors, Seniors AND Cloverbuds... DON'T MISS FLATHEAD COUNTY's 4-H CONGRESS

4-H Congress provides youth from across the county an opportunity to come together and participate in an event like no other.

At Congress, 4-H members will learn, compete, be challenged and most of all have a great time with their peers. Congress is an important educational opportunity for our county's 4-Hers and is the signature event for the Montana 4-H Program.

The purpose of Congress is to provide a safe and fun environment for youth to experience public speaking opportunities that will help them throughout their lifetime.

Entry forms can be downloaded from the county website at:

www.flathead.mt.gov/extension/downloads.php

WHEN & WHERE??

Saturday, April 12th, from 9:00 am-2:30 pm (all participants should arrive by 9:00am to register judging starts at 9:30 am)

> Central Bible Church 902 1st Ave East In Kalispell.

Potluck lunch will begin around 12:00 & Award ceremony will begin around 1:00. Please bring a potluck item to share.



REGISTRATIONS MUST BE SUBMITTED TO EX-TENSION OFFICE BY 5:00 PM, MONDAY APRIL 7TH



2014 4-H Interstate Exchange

Next meeting for ALL interested in Joining

March 5 @ 5:45 at the Extension office.

In conference room, downstairs. Call 758-5553 for more information



Camp Counselor applications can be downloaded from the county website at:

www.flathead.mt.gov/extension/downloads.php

Darrell Fenner Loon Lake 4-H Camp Counselor Application

2014 Camp Dates: July 21-25

Camp Planning Dates:

**Counselors are expected to attend the following planning meetings

Wednesday, May 14th - 4:30-7:00pm Wednesday, May 21st - 5:30-7:00pm Wednesday, May 28th - 5:30-7:00pm Thursday, June 12th - 5:30-7:00pm Thursday, June 19th - 5:30-7:00pm Thursday, June 26th - 5:30-7:00pm Thursday, July 17th - 5:30-7:00pm

Counselor Applications must be completed & returned to the Extension Office by **Friday, March 14, 2014**. All applicants will be interviewed sometime during the last two weeks of March and will be notified of their standing by the 2nd week of April.

Counselors <u>must be at least 13yrs old</u> **before** the first day of camp. The fee for campers for the week is \$100. Counselors will have this fee waived; however, in the event that a counselor is dismissed due to disciplinary action, he/she will be expected to pay this fee in full. Newer counselors will be paired with more experienced counselors in order to obtain continued training.

Adult counselors will also be present at all times.



Livestock Quality Assurance (LQA)

All 4-H members doing livestock projects must attend LQA once as a junior and once as a senior (Jr. members = 8-12; Sr. members = 13-19). The next LQA training date is March 18; 6-8pm at the Fairgrounds in the Country Kitchen. If you need to attend this year, please RSVP to the Extension office - 758-5553. If you're not sure if you have to attend this year, talk with your club leader or call the Extension office.



2014 MARKET LIVESTOCK TAGGING & WEIGH-IN's

Beef weigh-in = Monday, April 14th Hog tagging & weigh-in = Monday, April 28th Lamb tagging & weigh-in = Monday, May 19th



2014 MARKET LIVESTOCK SEMINARS

Hog Seminar = Weds., April 9th Sheep Seminar = Tues., May 6th

IF it is your first year to participate in the market, you MUST attend the livestock seminar for your species. All other members are encouraged to attend, but it's not mandatory.

The hog seminar will be held in the Expo building on the fairgrounds. The Sheep Seminar will be held at the Vo-Ag Center. Both from 6-8pm

1st annual Big Sky Lamb Camp & Jackpot - June 6-8, 2014

<u>Location</u>: Gallatin County Fairgrounds, Bozeman MT Contact: David Boatman 541-815-0205 boatmanclublambs@cbbmail.com Entry forms available at: http://www.clublambpage.com/boatmanclublambs/index.html

Two and a half days of hands-on and class instruction. Advanced camp offered. Bring your own lamb, learn and win prizes!

Drawing for PRIVATE showmanship lesson and 2nd drawing for fitting lesson! All registrations received by March 1, 2014 will be entered in drawing for ½ hour private lesson with Tracy & a leg fitting lesson with David! Get registered now!

Spectators: All children/families/groups with chaperones will receive 2 spectators badges for entry on Friday & Saturday.

All other spectators will need to register and pay the appropriate fee.

The Sunday jackpot is open to all spectators.

You will learn...

• How to successfully select a lamb; • How to feed and manage your lamb to its full potential; • Professional fitting techniques; • Ewe lamb sale - Saturday: 9am-6pm; • Hands-on instruction on showmanship techniques; • Mental preparation to compete

Sunday: Jackpot...Apply what you learned. 8am weigh-in 9am show.; ◆ Market classes; ◆ Showmanship - Junior, Intermediate, Senior, Int. Advance, Sr Advance. Awesome prizes (BUCKLES, jackets, fitting stand, ewe lamb, ect.)

Tracy Dendinger from Ohio will be instructing the campers and judging the jackpot. Tracy is a highly respected person in the sheep world today. She's a breeder, a national judge and showman, and clinician.

**Credit cards accepted. No entries accepted after May 16, 2014. Camp open to 1st 100 entries only.

2014 Hand-to-Heart Award

Awarded at Flathead County 4-H Congress Event On Saturday, April 12th

Application Deadline = Friday, April 4th, 2014

Flathead County Extension Office





This award has two age divisions, **4-H ages 8-10 and 11-13** (*meaning this was the member's age as of Oct. 1, 2013*). Applicants are required to interview for this award. Interviews will take place in the Extension Office. You will be notified of your interview time previous to the event. Remember to dress as if you were going to a job interview. A Grand and Reserve Champion will be selected in each age division and each will be awarded a Flathead County Hand-To-Heart Buckle at the County Congress event in April.

Entry forms can be downloaded from the county website at: www.flathead.mt.gov/extension/downloads.php

CHS is hosting a beef producer meeting at

the Country Kitchen on March 5th, 6pm. All interested youth & adults are invited to attend. Dr. John Erfle will be there talking on vaccinations and David Miller with CHS Nutrition will discuss feed and supplements. Dinner will be provided, pending RSVP and there will be door prize drawings throughout.

RANCHERS YOU ARE INVITED TO CHS'S BEEF PRODUCER MEETING

WEDNESDAY MARCH 5, 2014

COUNTRY KITCHEN ~ FAIRGROUNDS

6 P.M.

~~ WITH **DINNER** PROVIDED ~~

TOPICS OF DISCUSSION WILL INCLUDE: VACCINATION, NUTRITION, INSECTICIDES, AND Q&A
HEAR FROM SPEAKERS: DR. JOHN ERFLE, DAVID MILLER CHS NUTRITION,

DOOR PRIZE DRAWINGS THROUGHOUT THE NIGHT!

CHS

1 COW TO 5000 HEAD, EVERYONE WELCOME!

MCC Youth Expedition Program

<u>What is this?</u> A free summer program that engages students in hands on conservation work and outdoor learning opportunities. It's a fun way to spend time outdoors, earn some money (\$200 AmeriCorps Service Award), and build an impressive resume for college or a career in Resource Management through volunteer experience with public land agencies.

AND ZOETIS & AHI REPS.



MONTANA CONSERVATION CORPS

Tools for Living. Experience for Life.

Who can go? Montana Youth age 15-17.

When is it? There are two four-week sessions, June 16 – July 11 and July 21 – Aug 15. Participants are divided into crews of 6 with two adult Crew Leaders and will live and work with their crew for all four weeks!

Where is it? Crew Members will participate in conservation projects (trail building, fencing, watershed restoration, etc.) on public lands all over the Flathead, including places like Glacier National Park, Flathead National Forest, and the National Bison Range! Crews will camp on site and all meals are provided for.

<u>How do I get involved?</u> Download the application at http://mtcorps.org/join/mcc-expedition or contact Meredith Whitney at flatheadyouth@mtcorps.org or 406-755-8089.



4-H Gives to those in need...

The members of the Rowdy Ropers 4-H Club are making and donating double sided twin sized fleece blankets for homeless high school students in the Kalispell and Whitefish areas. There are over 250 homeless kids across the valley, and they are also in need of dental supplies, spiral notebooks, pens, pencils and loose leaf paper. All supplies received will be wrapped up inside each blanket and distributed to students at Glacier, Flathead & White Fish High Schools.

Cost of each blanket is about \$50. To help with costs, 4-H members raked leaves, asked for sponsors and applied for grants. If you would like to make a donation or help in any other way, please contact Suzanne Tutvedt at 755-1959. Deposit can be made to Rowdy Ropers 4-H Club account directly

to West One Bank, or they can be mailed to the Rowdy Ropers 4-H Club, in care of the Flathead County Extension office: 1108 South Main, Suite #4, Kalispell, Montana 59901.



Cloverbud Camp Ages 7-9yrs

June 6,7, & 8, 2014

Camp begins at 6pm on Friday and closes noon Sunday

Darrell Fenner 4-H Camp · Loon Lake · Ferndale

Share in the exciting experience of
Cloverbud Camp with your child!

Youth camper <u>must</u> be accompanied by
a parent or guardian

Fee: \$110 for one youth camper and one adult (\$50 for each additional youth or adult). Full refunds <u>before</u> June 2, 1/2 refunds after. Make checks payable to Lake County Extension.

Registration forms can be found online at: www.flathead.mt.gov/extension

Click on "downloads"

For more information, call Lake County Extension office 406-676-4271

"Zatching Fire"

it the 4-Fi Spirit

2014 Montana Rec Lab

April 4-6, 2014



All those who are at least 14yrs as of Oct. 1, 2013 are eligible to attend **2014 Montana Rec Lab**.

Registration forms can be downloaded from the county website at:

www.flathead.mt.gov/extension/downloads.php

We will need at least one chaperone for this event, so adult leaders please also look this info over and let the Extension office know if you would be willing to help.

> "Catching Fire" in the 4-H Spirit April 4-6, 2014 Butte, MT

Registration Deadline: **March 4**th Cost: \$65.00

2014 State 4-H Horse Show

ATTENTION 2014 State 4-H Horse Show Fans! You have an opportunity to design the official 2014 State 4-H Horse Show book cover

Entries must be original artwork received in the Flathead County Extension Office postmarked no later than **April 11th**. Entries should include original artwork and the 4-H clover and the year 2014 should be included in your design. Please complete the form below and send it along with your submission to:

> Flathead County 4-H Extension 1108 South Main Street Kalispell, MT 59901 tammy.walker1@montana.edu (406) 758-5553 phone

Contestants must be 4-H members in the State of Montana, and all entries must have a parent's signa-

ture. The winner will be notified by phone after April 30th. All designs will be displayed at the Horse show and the winning design will be used as the official 2014 State 4-H Show design. There is no limit on entries per person. Entry forms can be downloaded from the county website at: www.flathead.mt.gov/extension/downloads.php

Need help paying for 2014 State Horse Show? We can helpld

If a sponsor submits a donation with your name, you can deduct 10% of the donation off of your registration and class entry fees. ****PLEASE NOTE: You'll still need to pay for stall fees, BBQ, camping and/or clothing expenses that you accrue.

For example, if you solicit \$1000 in donations, you will receive \$100 credit toward your registration & class fees. If your fees only total \$78, the balance may be applied to immediate family members. Credit balances cannot be used for extended family members, but they can be used within immediate families for siblings.

go to: www.flathead.mt.gov/extension/downloads.php for forms

We recommend you write your name & phone number on the sponsor form before handing it to them. That way you'll be sure that section is completed correctly. Once received, we will mail the sponsor a receipt and give you a call letting you know how

much you can put toward your registra-

tion & class fees.

**Many businesses budget their donations at the beginning of the year, so now is the time to start talking with folks.



All 4-H horse project members must attend at least one county horse seminar before August to be eligible for competition.

ESTIC VALLEY AREN

UPCOMING HORSE SEMINARS

- Sunday, March 9, 2:00-3:00 Dandy Dudes & Dolls Clinic; **Showing a Step Up** – Mooring Rd. Arena in Columbia Falls. Call Codi for more information: 250-6865.
- Sunday, March 9, 3:30 training for all horse leaders who wish to become Certified Horse Leaders; at Mooring Rd. Arena in Columbia Falls. Call Codi for more information: 250-6865.
- Saturday, April 19. Times TBD Ranch *Horse* – don't bring your horse; Fairgrounds.
- April Trail Blazers; **Problem Solving Through Ground Work** – bring your horse.
- May 4 Horsemanship Clinic mounted. Contact Renee Caverly for more info: 837-4144
- May 9-10 Horse Camp
- Doug Householder will be providing clinics on June 14 & 15 in Miles City and June 21 & 22, possibly in Butte. Registration will be sent out asap and those interested should sign-up immediately b/c classes will fill-up fast.



The Flathead County 4-H Entomology Club is now OPEN for new & re-Enrollment!

Insects are the largest group of animals on earth with nearly one million different kinds. The **Flathead County 4-H Entomology Club** will help you investigate these creepy crawlies and discover an entirely new world. Entomology members will explore the abundant gardens and natural environment of the Flathead. They'll even find and identify insects and collect and pin them for their own collection.

The 4-H Entomology Club will meet once a month beginning Saturday, March 8th in the 4-H building on the fairgrounds from 1:00-3:00.

Meetings take place every 2nd Saturday in the month from Mar-Sept, 1-3 PM 4-H building in the fairgrounds. There are Entomology project books at the Extension office that you can purchase for under \$5. Also, plan for some nominal costs for materials & supplies. *Supply costs dependent on the type of materials you wish to obtain. Leaders will discuss this during the 1st meeting.*

Contact the Extension office right away to sign-up

<u>extension@flathead.mt.gov</u> or 758-5553 Come join us to learn more!







Why do we do what we do?

When working in your 4-H club, on your 4-H projects and with 4-H members, it's really important to remember why we do what we do... We add "inputs," go through "processes," and observe "outputs," but our REAL goals are "outcomes & impacts."

What are your 4-H goals?

<u>Inputs</u>—the resources used by the club leaders & members to achieve the objectives of an activity – "things we invest" Eg: money, time, facilities, equipment, guest speakers, work books, parent support

<u>Processes</u> – the related tasks that the group participates in to fulfil its mission. Eg: Club meetings, talks & demonstrations, completing work books, completing records, competitions, camps. – "what we do"

<u>Outputs</u>— what we get out of the processes, activities or interventions that take place ("what we produce"). Also, the number of participants ("who did we reach"). Eg: # of audience members; # of hours delivered to our program; # of club meetings; # of members who attended 4-H activities; # of sponsors; # of members who completed workbooks; amount of money raised

Outcomes—the effects or change on an individual or group as a result of the activities and outputs ("what was the result?) Eg a very shy child completed a talk; increase in teens wanting to run for club officer positions; greater understanding of hog care & feeding practices; increased knowledge of proper presentation methods.

Impacts—the broader, more long-term effects of an activity reflected in community wellbeing (what changed for the population?) Eg. 75% of 4-H youth readily volunteer within their community; 55% of 4-H adult leaders and parents strongly advocate for the furtherance of 4-H programs within their community; the Governor of Montana is a 4-H alumni and reports that her 4-H experiences helped her to obtain her position.

4-H: The Youth Development Program of MSU Extension

VISITORS

PLEASE RESPECT FARM BIOSECURITY

Biosecurity is everyone's responsibility....

- Purchase test-negative animals from test-negative herds
- Isolate herd additions downwind and downstream for at least 30 days
- Use and maintain foot bathes for human traffic
- Minimize farm visitors and control their movements
- Require fellow farmers to wear clean boots and clothing on your farm
- Use fences to decrease access to areas of possible disease transmission
- Have hand washing stations readily available at multiple sites
- Use wind breaks to minimize airborne transmission of disease
- Keep sick animals in an isolation area; do their chores last
- Work with your veterinarian to develop an effective vaccination program and use it
- Minimize animal stress
- Provide adequate quality and quantity of nutrition
- Practice excellent farm sanitation

- Do not use manure-handling tools for feed handling
- Remove and compost manure
- Do not spread manure on pasture
- Do not overcrowd animals
- Provide good quality air through adequate ventilation
- Disinfect equipment, facilities, instruments, tools and clothing
- Use protective clothing (rubber boots, coveralls)
- Keep a closed herd if possible
- Control flies, mice, cats, birds, etc.
- Avoid sales, shows and auctions
- Provide shelter
- Separate animals by age groups after weaning
- Do not feed directly on the ground
- Allow as much access to sunshine as possible
- Control parasites
- Provide clean water at all times
- Be sure neonates receive good quality and quantity of colostrum





September 26-27, 2014

UPCOMING LEADERSHIP RETREAT

ALL 4-H LEADERS ~ this is for you!!

Flathead Lake United Methodist Camp · Rollins, MT

Check the facilities out at www.flatheadcamp.org



4-H CAMP CLEAN-UP DAY & POTLUCK DARRELL FENNER Loon Lake 4-H CAMP SATURDAY, MAY 3, 2014 - 10:00am

The camp will provide beverages and burgers for lunch. Plan to bring a pot luck item and we'll meet around 10:00 am. Don't forget to bring chainsaws, shovels, rakes, wheel barrows, leaf blowers, shop vacs, gloves, hammers, screwdrivers and any other useful tool for the job. We will supply any needed building materials.

Please CALL the Flathead County Extension Office and let us know how many are in your group so we can plan for lunch — 758-553

All Flathead County 4-Hers who attend camp clean-up day will qualify for a 25% camp registration discount.

If you're coming in from out of town and would like to stay one night at the camp, please contact the





Shooting Sports Awards Dinner April, 27 at 3:00pm Country Kitchen on Fairgrounds Bring a Dessert

4-H: The Youth Development Program of MSU Extension



Upcoming 4-H Meetings and Special Events



Upcoming Activities & Other Meetings

- ♦ Interstate Exchange Planning Mtg: Wednesday, March 5 at 5:45 pm at Extension office conference room (downstairs).
- ♦ Camp Counselor Applications due: March 14
- ♦ LQA: March 18 from 6-8 pm at the Fairgrounds Country Kitchen.
- ♦ Interstate Exchange Spaghetti Supper & Dessert Auction: Friday, March 28 at 5:30 pm at The Christian Center.
- ♦ Hand-to-Heart application deadline: April 4th
- ♦ Rec Lab: April 4-6. Butte; Registration deadline, March 4th
- ♦ Hog Seminar: Wednesday, April 9 from 6-8 pm at the Fairgrounds Expo Building.
- ♦ State Horse Show Cover Art Contest: April 11 deadline.
- ♦ County Congress: April 12; registration due April 7th
- ♦ Beef weigh-in: Monday, April 14.
- ♦ Shooting Sports Awards Dinner: Sunday, April 27.
- ♦ Hog tagging & weigh-in: Monday, April 28.
- ♦ Sheep Seminar: Tuesday, May 6 from 6-8 pm at the Vo-Ag Center.
- ♦ Loon Lake Camp Clean-Up: May 3.
- ♦ Horse Camp: May 9-10.
- ♦ Sheep tagging & weigh-in: Monday, May 19.
- ♦ Lamb Camp & Jackpot: June 6-8 in Bozeman.
- ♦ Cloverbud Camp: June 6-8 4-H Camp in Ferndale.
- ♦ State Congress: July 8-11 in Bozeman.
- ♦ Agape Jr. Livestock Jackpot: July 19 on Fairgrounds.
- ♦ Flathead 4-H Camp: July 21-25.
- ♦ **NW MT Fair:** August 9-16.
- ♦ **4-H Achievement Banquet:** August 30.
- ♦ State Horse Show: September 12-14.
- ♦ 4-H Leaders Retreat: September 26-27.

Forums, Committees & Councils

- **Ag/Livestock Committee:** Thursday, March 6 at 5:30pm in the 4-H Building at the fairgrounds
- Flathead 4-H Foundation: Thursday, March 6 at 6:30pm in the 4-H Building at the fairgrounds
- Horse Committee: Thursday, March 27 at 5:45pm in the conference room at the Extension office.

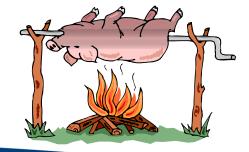


Saturday, Aug. 30



The 2013-2014
4-H Achievement
Banquet will be held
on August 30th in
the Expo building on
the fairgrounds

Plan to bring your entire family and join your fellow club members in support of all those who will be receiving awards.





MSU Extension Service - Flathead County

Patricia McGlynn

Agriculture, Natural Resource & Community Development Extension Agent

Tammy Walker

4-H & Youth Development Agent

Dee Dryden-Cooper

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Email: extension@flathead.mt.gov

Web: http://flathead.mt.gov/extension

State Web Sites:

www.msuextension.org www.montana4h.org

SNAP Recipe of the Month



<u>Irresistible Irish Soda Bread</u>

Makes 1 9 x 5" load

Ingredients:

3 cups all- purpose flour 1 tsp baking soda 1 TBSP baking powder 1 egg, lightly beaten 1/3 cup white sugar 2 cups buttermilk 1 tsp salt 1/4 cup butter, melted



Directions:

Preheat oven to 325F. Grease a 9 x 5" loaf pan.

Combine flour, baking powder, sugar, salt and baking soda.

Blend egg and buttermilk together, and add all at once to

the flour mixture. Mix just until moistened. Stir in butter and then pour into prepared pan.

Bake for 65 to 70 minutes, or until a toothpick, inserted into the bread comes out clean. Cool on a wire rack. Wrap in foil for several hours, or overnight, for best flavor.

Nutrition Facts:

Calories: 192 Cholesterol 29 mg Fiber .8 g

Sodium 497 mg

Carbohydrates 31.7 g Fat 4.9 g

Protein 5.1 g

Supplemental Nutrition Assistance Program Education enables young families, single recipients and seniors to learn how to best use their food stamp dollars in providing healthy nutrition for themselves and their families. Adults can sign up for a 6 week course that is fun and provide the basic concepts of good nutrition. The only requirements to join in the classes are: that a person is receiving WIC assistance; either receiving food stamps or are eligible to receive them; or are getting commodity foods. Please call Nancy at the Flathead County Extension office at 758-2448 to sign-up for classes.

The U.S. Department of Agriculture (USDA), Montana State University and the Montana State University Extension prohibit discrimination in all of their programs and activities on the basis of race, color, national origin, gender, religion, age, disability, political beliefs, sexual orientation, and marital and family status. Issued in furtherance of cooperative extension work in agriculture and home economics, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture, Jill Martz, Interim Director of Extension, Montana State University, Bozeman, MT 59717